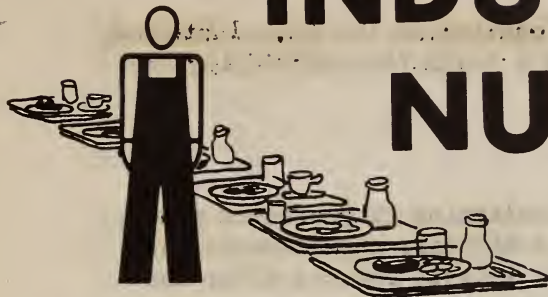


Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

19422
N8M76D
Cap 2

MONTHLY



INDUSTRIAL NUTRITION SERVICE

For employee publications, and individuals
and groups promoting nutrition education

U. S. DEPARTMENT OF AGRICULTURE
Commodity Credit Corporation
Office of Supply

Dallas, Texas
September, 1945

FOOD NEWS

With Victory came the end of rationing of processed foods. Sugar, meat, fats and oils will continue to be rationed until the supply of these foods catches up with the demand, according to Secretary of Agriculture Clinton P. Anderson, who recently reviewed the food outlook for civilians.

SUGAR IS STILL SCARCE

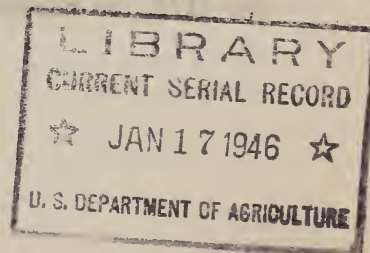
"The United States depends largely on world supplies of sugar," said Secretary Anderson, "and the world will be short of sugar until production in the Philippines, Java and Europe recovers. Sugar rationing may be needed for another year."

He added that some improvement will be possible as a result of reductions in military needs and because of the prospective increase in sugar beet production in this country this year.

He predicted "it may be possible to provide a little more for civilians beginning early next year, but no substantial increase in world production of sugar can be expected before early 1947."

WHAT DOES THAT MEAN TO US?

Each person's share is about one tablespoon a day, according to the present sugar supply. Take only one teaspoon of sugar in your coffee so your fellow workers may get their share too.



Don't complain when there's no frosting on the cake. Instead, remember the cafeteria is having a tough time stretching the plant's sugar supply.

HOME CANNERS GET BOUQUET

While discussing the lifting of rationing on processed foods, Secretary Anderson explained that military requirements for canned fruits and vegetables were greatly reduced after the war ended.

For benefit of home canners, he said "Another fact that entered into the decision to take these foods off the ration list was the good job being done by home canners all over the country which, like last year, is adding to our total supply. Home canners helped make this possible and I want to urge them not to slacken their efforts now. Food demands remain high."

Can fruits this year and can all the vegetables you can from your garden which you don't need for the table.

For successful methods of canning fruits with low-sugar content, write to the Southwest Regional Office, 425 Wilson Building, Dallas, Texas, for a free copy of "Home Canning of Fruits and Vegetables."

If you'd like to have good recipes for many kinds of relishes, pickled peaches, pears and other fruit...and directions for making sauerkraut, ask for "Pickle and Relish Recipes."

ABOUT CABBAGE, TOMATOES AND POTATOES

Select crisp cabbage salads which are satisfying to the eye and the palate as they appear on the cafeteria counter. Cabbage is a good source of vitamin C and with the seasonal scarcity of citrus fruits, we should eat plenty of cabbage fresh from the garden.

Tomatoes are rich in vitamin C, so when you don't have your usual serving of citrus fruit eat plenty of tomatoes.

Farmers are harvesting a bumper crop of potatoes. They're called intermediate potatoes because they come in between early spring and fall potatoes.

Vitamin C and iron, also other minerals, are found in potatoes. At least one serving a day is recommended in the health protective diet, so choose them often in the cafeteria.

For wholesome home recipes, write to the Southwest Regional Office, 425 Wilson Building, Dallas, Texas, for "Preparing Potatoes in Popular Ways."

FOOD FOR TWO

Here's good news for the women who have a difficult time planning meals for two. "Food for Two" also may be obtained from the Regional Office. It gives a weekly food plan, sample menus and explains how to cut down food bills.

HEALTH HINTS

Did rationing and food shortages endanger our national health? **NO!** That's the answer food and health experts the country over reported in the September issue of THE AMERICAN MAGAZINE.

An overwhelming majority of the experts believe the war actually improved our nutrition. They point out that the American people are eating better balanced meals than they did before the war because they're

-Drinking more milk
-Eating more green and yellow vegetables
-Eating more tomatoes and citrus fruit
-Eating bread enriched with vitamins and minerals.

Why not check your own food habits? Are you eating better than the average American? You are if you include these foods in your diet every day:

-1 pint of milk
-1 or more servings of green and yellow vegetables
-1 or more servings of citrus fruits or tomatoes
-1 or more servings of meat, fish, poultry, cheese or dry beans or peas
-1 egg
-Whole-wheat or enriched bread or cereal

FOOD-ON-THE-JOB HERE AND THERE

In Australia, plant cafeteria advisory committees are encouraged by their Government's Department of Labor and National Service. Among the suggested committee functions are pointers for plant labor-management committees interested in the food service:

- (1) Bring to the attention of the cafeteria manager suggestions de-

-4-

signed to improve quality and increase the efficiency of the service.

(2) Advise the cafeteria manager of complaints made by patrons and make recommendations to remedy them.

(3) Secure full cooperation of the workers in avoiding waste, preventing property damage and in helping to make the cafeteria efficient.

IN-FLIGHT FEEDING

Leave it to the Army Air Corps to get in-plant feeding up in the air! They call the newly adopted practice of feeding flight crews on-the-job in-flight feeding.

The importance of maintaining the health and efficiency of our fliers has long been recognized. At first, sandwich lunches were provided for the crews but when bombing ranges increased, with missions lasting 6 hours or longer, an improved food service was developed.

Pre-cooked food, reheated in insulated cabinets, is served when the plane is in flight, even though the temperature outside may be below zero.

"STARTING THE DAY RIGHT"

That's the name of the story we're enclosing with this issue. It was written by Dr. Robert S. Goodhart, Chief of the Industrial Feeding Programs Division, and appeared in the June issue of "NATIONAL SAFETY NEWS."

Dr. Goodhart stresses the importance of a good breakfast to the health, efficiency and morale of the industrial worker.
